



مبادرة تشبيك للأعمال من لجنة الاهل في المدرسة الانطونية الدولية - عجلتون

2021- 2020



الى الاهالي الكرام

Dear all,

The Antonine International School' Parents Committee – Ajaltoun is offering you a list of a few businesses and small enterprises as well as certain services run by members of the large Antonine family.

Let us share it around in an effort to stimulate additional business activity between us.

This is an open list and many could be added at any later stage.

تحية طيبة وبعد،

تعرض لكم لجنة الأهل في المدرسة الانطونية الدولية - عجلتون لائحة ببعض المؤسسات والاعمال التجارية والخدمات التي يقدمها بعض الاهالي من العائلة الانطونية.

نتمنى من الجميع توزيعها ومشاركتها فيما بيننا لتعزيز قيام شبكة اهلية لتحفيز الاعمال معتمدين على مبادراتنا.

كذلك بالامكان إضافة اي مؤسسة لهذه اللائحة لاحقاً من خلال الاتصال عبر 71959749 Whatsapp

LIST OF A FEW BUSINESSES, SMALL ENTERPRISES AND CERTAIN SERVICES

1- COMPUTER SHOP	11- RAFKA CHEMALY	21- LE CRAYON LIBRARY	31- MN LEBNEN
2- MADE WITH LOVE	12- ELECTRO MECHANICAL TECHNOLOGY	22- BUSY ME	32- DOMIFAY
3- CUTE LADY BOUTIQUE	13- ADVANCED FOREX COURSE	23- LAVANDA SHOP	33- ELEVEN FOOTBALL PRO ACADEMY
4- BAKIES BY CARLA	14- RYM	24- DROP SHOP	34- HEAVEN ON EARTH
5- KEY JEWERLY	15- BENHARD VOLL	25- PORK CHOPS	
6- D-STYLE	16- SALCO SARL	26- BATH AND TILE	
7- PLAY IN REALITY	17- INDIGO SHOP	27- CHIEN ET CHAT	
8- SPICE & RICE	18- PRIVATE HIKE	28- DIANA SAKR	
9- WONDERLAND RIBBONS	19- PIERRE SFEIR	29- INSURANCE CONSULTANT	
10- QUICK LAUNDRY	20- CA POUSSE LAVANDE	30- THE POWER PC	

COMPUTER SHOP

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MADE WITH LOVE

03/306643



BERTHE RIZK

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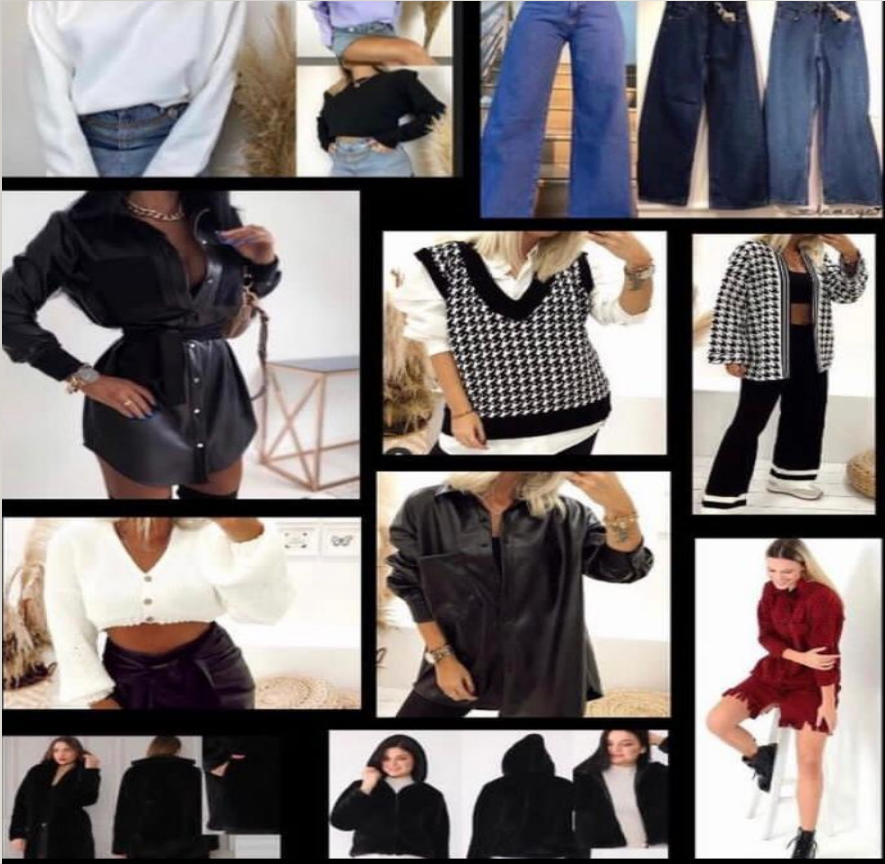
CUTE LADY BOUTIQUE

03/ 849 274



MIREILLE FADEL

BALLOUNEH HIGHWAY



BAKIES BY CARLA

03/404465



CARLARIZK

SHEILEH



I do cookies, cakes, cupcakes plain or decorated also brownies, chocolate chip cookies....

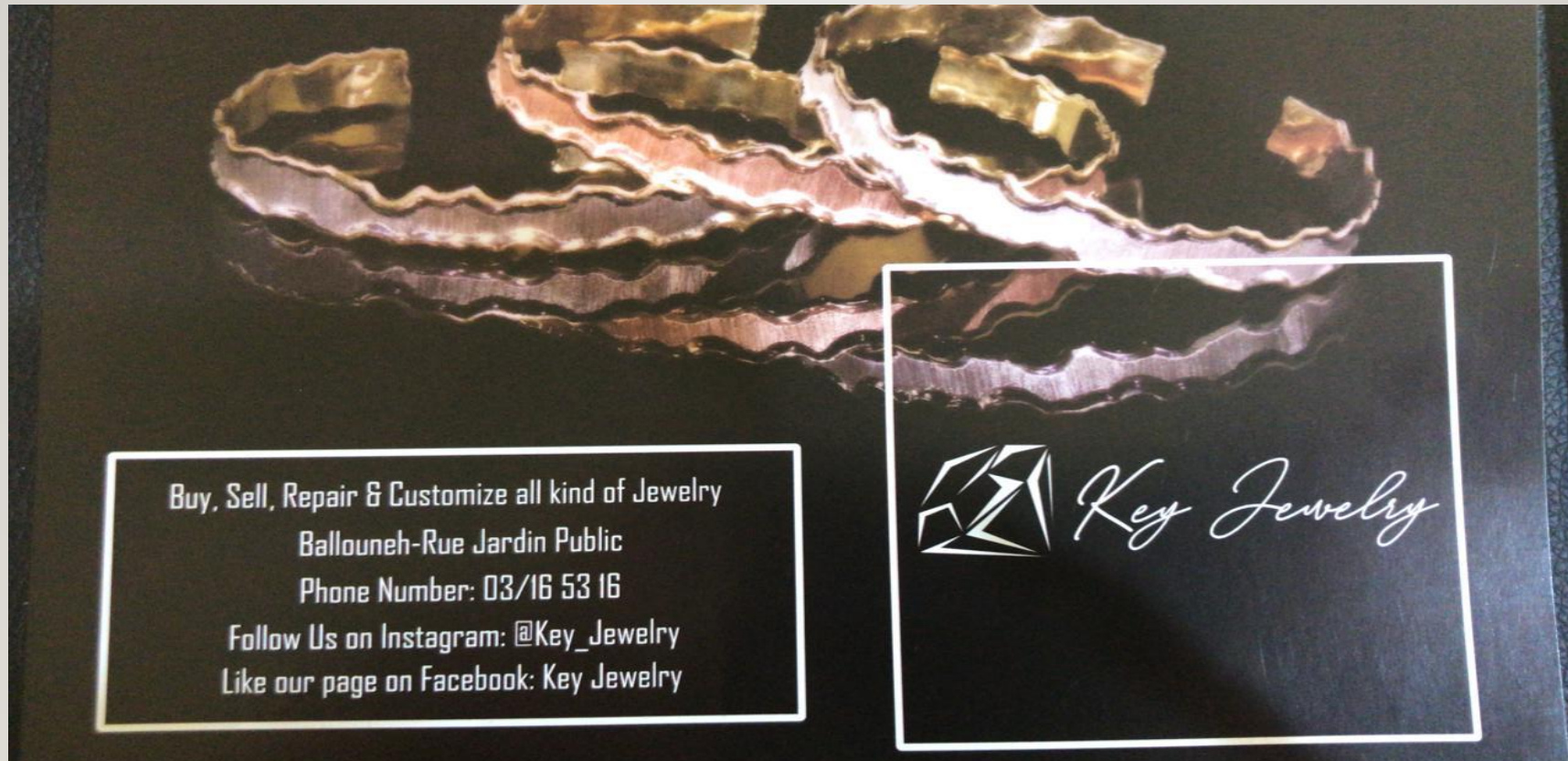
KEY JEWELRY

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BACHIR KAYROUZ

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D.STYLE

DANIA ZREIK

03/ 918 032

AJALTOUN



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03/ 305 021



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ZOUK MOSBEH



SPICE & RICE

03/ 240 350



JENNY MAKHLOUF

BALLOUNEH - ROUND ABOUT

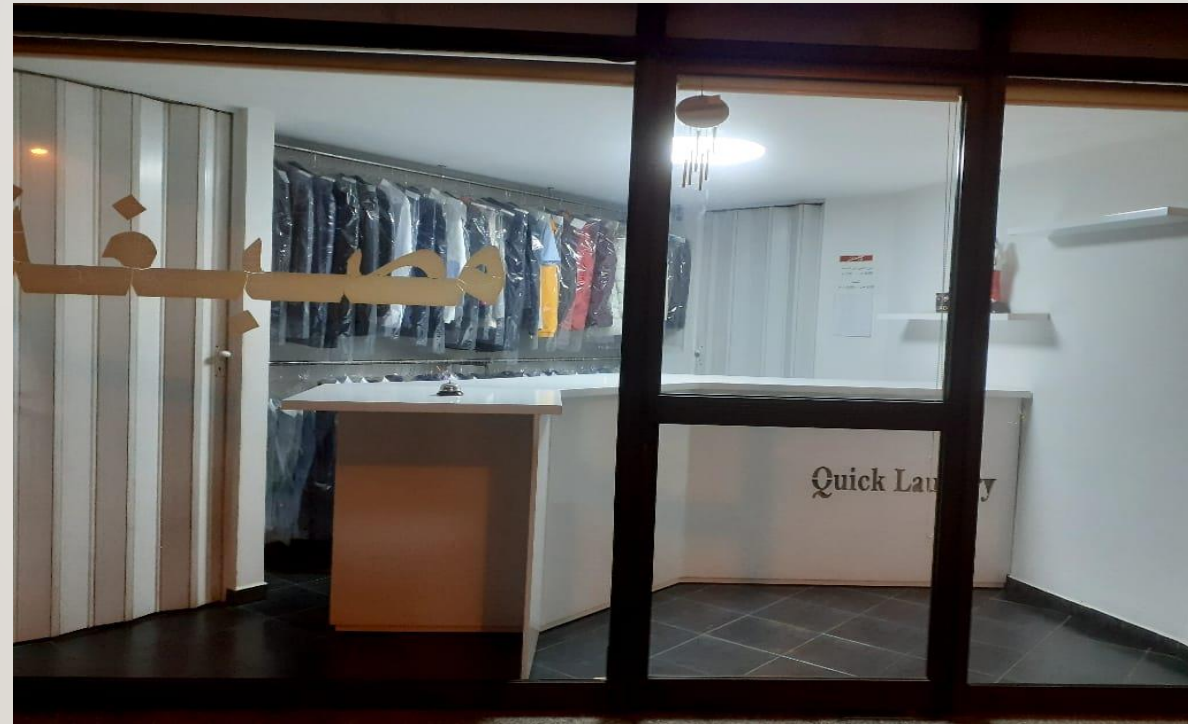




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RYM

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Rym



مرحباً أنا ريم 😊،
بعد حصولي على شهادة "مُدربة صحة و تغذية"
من معهد Institute for Integrative Nutrition بنيويورك،
قررت إطلاق صفحة Zen living كمنصة لنشر الوعي
باتجاه حياة صحية و سعيدة.

أنا شخصياً شهدت كيف تغيرات بسيطة
بأساليب العيش و طرق الأكل، بتحسن الحياة
بشكل عجابي.

لذلك حابّي من كل قلبي إنو كون بجانب كل مين بدو يأخذ أول خطوة على درب الـ Zen living أي حياة الصفاء
الذهني و العاطفي.

كُمدربة، اشتغلت على وضع برنامج مهضوم و سهل مدته ٦ شهور.
من خلال البرنامج، منقدر نشغل سوى وناخذ خطوات صغيرة نحو حياة مليئة بالصفاء و خالية من الفوضى
العاطفية و الذهنية.

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و هيدا هو المعنى الحقيقي لكلمة زن/Zen.

لحجز الإستشارات (شخصياً أو عبر الإنترنت): zenlivingbyrym@gmail.com
zenlivingbyrym

Rym



Hello! This is Rym

After I obtained my Health Coach certificate from the Institute of Integrative Nutrition in New York, I decided to launch "Zen Living" as my platform to sprout awareness for happy and healthy living.

I am now starting to assist others in setting meaningful health & wellness goals, that enable them to explore the best versions of themselves.

I am also sharing empowering ideas and initiatives with my clients, inspiring them to take wellness into their own hands.

Decluttering our life and releasing thoughts, habits or objects that are no longer serving us, can have a tremendous positive impact on our life.

I have witnessed how simple shifts in lifestyle and eating habits can improve our life miraculously, and I'm thrilled to be there for someone willing to take the first step towards zen living.

I have crafted a very special 6 months program full of freshness and fun;
As a coach, I will be holding your hand and we will take baby steps on the path to a clutter free life physically and emotionally.

You will be surprised at the amount of inner joy and liberation you can experience, once you learn how to just be. After all, that's what Zen means.

To book your session (virtual or in person) drop me an e-mail on: zenlivingbyrym@gmail.com
Let our journey to Zen living begin

zenlivingbyrym

BENHARD VOLL

03/888273



BENHARD VOLL



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03/000572



ALAIN OBEID

SEHAILEH



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INDIGO SHOP

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HANAÀ AKIKI

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PIERRE SFEIR

71/987788



DARAYA



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ÇA POUSSE LAVANDE

03/345624



HABIB HAYEK

EHMEJ

ÇA POUSSE



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**Antonine International School parents' committee – Ajaltoun
wishes you a**

